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TMI LCN CHAPTER:
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by Mark & Karen Hamlet

My husband, Mark, and I began our journey with The Monroe Institute after watching a program that aired on the Biography Channel called “Journey of the Lost.”

It was then that we became obsessed about learning more of the Monroe Institute. I myself, having experienced an NDE as a child and also suffering from severe insomnia, I became quite interested in the research that TMI was conducting. Mark as well, after having two major strokes due to a birth defect in his heart, found it necessary and crucial to find a deeper type of meditation and ways of quieting his mind while in a stressful work environment.

After visiting the TMI website and downloading the free sample MP3 “Healing Journeys” and listening every night for one week, I found it quite incredible that I no longer needed sleep aids to get a good night’s rest. Another aspect I also found quite interesting was the feeling of lightness, a brief separation feeling of floating on air. Being a very analytical person, I quickly asked Mark to listen to the same MP3 and tell me how he felt the next morning. I shared nothing about my experience. I felt if he had the same experience, there may be something more to this. To my surprise he described the same feeling and experience. We wanted to learn more! We began visiting the TMI website often, reading articles, books, and looking up research. We found Robert Monroe to be quite a fascinating pioneer!

After discovering there was a group in the Poway, California area, led by Fred and Shirley Rible, we made the trip to Poway to attend one of their meetings. This is where we first heard Patty Avalon’s Guided Meditation. We found it quite phenomenal!

After the meeting we talked quite a while with Fred, and he gave us the name of Kathryn Streletzky, TMI Outreach Facilitator in Northern California.

I quickly contacted Kathryn, and she graciously answered some of our many questions. The fact that she is located in California allows us to attend her excursion classes without having to travel extremely long distances. Fred and Kathryn have been a tremendous encouragement and guidance for us. What a blessing to have TMI outreach facilitators in California!

After our Monroe experience, we brought together a few of our Reiki practitioner friends and started meeting on a regular basis every Wednesday night in our home and started them with

the “Gateway Experience.” Our goal was to gain further validation of what we were experiencing.

The group response was more than we hoped for! Before long, our small group started accumulating many Monroe titles. We are still experimenting with these different titles combined with Reiki every Wednesday night. The experiences we were all having are incredible and no experience is ever the same.

Having a good friend, Theresa Favro, owner of Home and Soul Metaphysical Bookstore in El Cajon, California, has given us a great opportunity to begin our Sages Now meditation classes utilizing the many Monroe titles. Today we currently teach eight meditation classes a month using the Monroe recordings. We are so absolutely thrilled to be a part of TMI. Our goal is to help people gain better self-awareness about who they are and to help them realize as Robert Monroe always put it, “We are More Than Our Physical Bodies.”

Love and Light,
Mark & Karen Hamlet

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